



Location: 36 South Main St.  
Hours of Operation: M - F 8 AM - 4 PM  
Phone: (508) 278- 8622

# THE SILVER CENTER NEWS

*semper ad meliora*  
UXBRIDGE COUNCIL ON AGING NEWSLETTER

& LUNCH MENU

[facebook.com/UxbridgeMASeniorCenter](https://facebook.com/UxbridgeMASeniorCenter)

[uxbridge-ma.gov/coa](http://uxbridge-ma.gov/coa)



Marsha Petrillo - Director  
Donna Oncay - Admin Assistant  
Lynne McPherson - Head Chef  
Gail Boutiette - Outreach Coordinator  
Peter Waeger - Transportation

The very ink with which history is written is merely fluid prejudice. - Mark Twain



## SENIOR CENTER WISH LIST -

We welcome and appreciate the support of anyone in a position to give. Your donations make a significant difference in the lives of our elders and help support our daily lunch program. All monetary gifts can be made out to the Town of Uxbridge with Senior center in the memo section of your check. Gift cards for Hannaford, Walmart and CVS also make nice holiday gifts for senior citizens in need.

We also continue to need in kind donations of **pot holders, gallon size Ziploc bags, dish towels, napkins, tissues, plastic 8 oz. cups, and decaf coffee.** One can donate directly to the center at 36 S. Main Street or on line via the town's web page. Every donation helps and comes enormously appreciated!

Your monetary, tax exempt donations make a significant difference in the lives of our elders! If you or someone you know benefits from the programs and/or information provided by the Senior Center, please let us know and help us spread the word about our many services so we can grow our them. Feel free to contact us at 508-278-8622 or visit us on our web page at [Uxbridge-ma.gov/coa](http://Uxbridge-ma.gov/coa), like us on our FB page by googling Uxbridge Senior Center or simply stop by. ♦

**HEALTH VNA** Salmon Health VNA will be available on the 3rd Tuesday of each month to do the blood pressure clinic. If you have any questions about new symptoms you may have, questions about new medications, or any other health problem, they will be able to help you with them. The Salmon Health nurse will be here on Tuesday, **February 16** from 11:30-12:30 and every third Tuesday going forward. Please join us for this important free monthly clinic offered by the Salmon VNA. ♦



## SHOPPING TRIPS - Grocery shopping

every Tuesday-

Pick up begins at 1:00PM. We have changed the time to make it easier to get people to lunch and give everyone time to get their shopping done.

Walmart shopping - 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month - Pick up begins at 12:30pm. Please sign up in advance for Walmart shopping by calling us at 508-278-8622 to reserve your seat on the van. ♦



The cold weather is here, and if you need a warm place to come during the day, The Uxbridge Senior Center is a Warm-Up Center. We are open from 8:00 a.m. - 4 p.m.

Monday through Friday. You can come in for hot cocoa or tea, watch television, read, or use the computers. If you would like to join us for a hot delicious lunch, please be sure to call ahead at least 48 hours to reserve your table. ♦

**LEAP YEAR BREAKFAST - ALL YOU CAN EAT** for \$6.00 on Sunday, **February 28** from 7:00 am - 11:00 am at The Uxbridge Senior Center. Basket Drawings by Uxbridge Elderly Connection. Breakfast made possible by the generosity of Uxbridge House of Pizza & Millville Gas. Ticket proceeds to benefit Uxbridge First Holiday Night and basket drawing proceeds to benefit The Uxbridge Elderly Connection. If you are willing to donate gift cards of any type including gas, CVS, Hannaford, or restaurants, your generosity will help support our Seniors. We look forward to seeing you all at the breakfast! ♦

**Breakfast**

- Please call the Senior Center 48 hours ahead at 508-278-8622 to reserve your meal and also to arrange for transportation to lunch and for medical appointments. Van transportation begins at 10:30 AM each day. Please check with the Senior Center by calling 508-278-8622, Uxbridge Cable Local Access Channel 191, Facebook, or the Council on Aging website for the Lunch Menu. [www.uxbridge-ma.gov/coa](http://www.uxbridge-ma.gov/coa)
- The Senior Center is a drop off site for the People First Food Pantry. Donations are accepted Monday through Friday from 9 AM - 4 PM.

**HELP! UNDERSTANDING YOUR MEDICAL PROBLEMS** – Are you confused when you visit the doctor or pharmacist? There are some things that you can do to make it easier to understand. One way to help is to take a family member or friend with you, two heads are better than one when listening to instructions. Ask questions and ask for more information if you don't understand and have someone write down any instructions for taking medications or therapy. Use the computer to learn more about your medical condition and medications. ♦



**LUNCH AND LEARN WITH CHIEF LOURIE** – Friday, February 5 - 11:30 am – 12:30 PM. K-9 Officer, Tom Stockwell, and his partner “Bear” will present what services the K-9 Unit provides our community. We look forward to our monthly Community Policing Speakers Bureau Presentations the first Friday of every month. Please call ahead 48 hours to reserve your spot for this lunch. We are thankful to be working so closely with our Police Department. ♦



**Valentine's Day Celebration** – Friday, February 12, 2016 – 11:30 am – 12:30 pm. Heather Hough, Whitney Place Assisted Living of Northbridge, will be hosting this celebration! We will also have “Polka Paul” entertaining us! Please be sure to call ahead 48 hours to reserve your seat for this

**BEREAVEMENT COUNSELING** – Are you dealing with the loss of a loved one, losing a job or your home or just need to talk to someone? Please call the Senior Center and make an appointment to talk to our bereavement counselor who is available for people of all ages by appointment. All sessions are free, private and confidential. Call the Senior Center at 508-278-8622 to make an appointment. ♦

**SHINE Can I still change my Medicare Plan?**  
The 2015 Medicare Open Enrollment period ended on December 7, but people may still be allowed to change plans.

For Plan year 2016 The Tufts Medicare Preferred Plan has been designated as a 5-star Plan by Medicare as a reward for the excellence of their Plans. Basically, this means that Medicare Beneficiaries may enroll in or change too, one of the Tufts Medicare Preferred Plans at any time between December 8, 2015 and November 30, 2016. This is a great opportunity if you missed the Open Enrollment deadline.

For those with a **Medicare Advantage Plan**:

Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be ... *(Continued on [page 4](#))*



## Veteran Services Office

is now located at The Uxbridge Town Hall. Carl J. Bradshaw, District Director can be reached at 508-278-8600 ext. 2017 and AnnMarie Cleary, Assistant Director can be reached at 508-278-8600 ext. 2037. Office hours are posted on the door. ♦

If this is coffee, please bring me some tea; but if this is tea, please bring me some coffee.” – *Abraham Lincoln*

**NAVICARE** - Nelly Colon is the new Account Executive. You are eligible to join Navicare if you are 65 or older, live in our service area and have MassHealth. Nelly Colon can be reached at 508-847-8511 and she is also bi-lingual. ♦

## Mission Statement

**T**he mission of the Uxbridge Senior Center and the COA Board is to link needs with services and to promote wellness programs that educate and empower elders to maintain their quality of life. An additional mission is to raise community consciousness concerning the many services, programs, and activities offered at the Senior Center. – *Marsha Petrillo, Director*

**A happy life consists not in the absence, but in the mastery of hardships** – *Helen Keller*

## CENTRAL MASS SHINE WEBSITE

The Central Mass Region has recently launched its website. You can visit us at [www.shinema.org](http://www.shinema.org). Our site has valuable general information and links to other agencies that can assist you with your insurance needs.

**Trained SHINE (Serving Health Insurance Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. You can now visit us on the Internet at [www.shinema.org](http://www.shinema.org) ♦**



**AARP** will be starting tax preparation on February 1, 2016. Appointments are on a first come, first served basis. Call as soon as you have ALL your tax information @ 508-278-8622. Thank you. ♦

### **DID YOU KNOW ?**

- According to multiple studies, happiness is thought to be influenced by a combination of 10% life circumstances, 50% genetics, and 40% attitude.
- Humans almost went extinct around 70,000 BCE, after a volcano blew about 650 cubic miles of rock and dust into the air. Studies estimate that we were down to anywhere from a few thousand to possibly on 40 humans who could breed.
- Polish teenager Iga Jasica unexpectedly woke up in the middle of her brain surgery and calmly asked the doctor, "How's it going?" She wasn't in any pain, so they talked about cats until the surgery was over.
- The names of all the continents end with the letter they start with.
- On every continent there is a city called Rome.
- Eskimos use refrigerators to keep food from freezing.
- The pleasant feeling of eating chocolate is caused by a chemical called anadamide, a neurotransmitter which also is produced naturally in the brain.
  - The average led pencil can draw a line 35 miles long.
  - Babies are born with 300 bones but adults have only 206.
  - A woman in Sweden lost her wedding ring and found it 16 years later on a carrot growing in her garden.



## **Cyber Seniors COMPUTER CLASSES**

will be every Monday at the Senior Center from 3:00 – 4:00 PM. You can call ahead to sign up 508-278-8622 or just stop in. Everyone is welcome! Thank you to Nipmuc student Steven Wickstrom for teaching our classes this year! He can teach you on your tablet, phone, nooks iPads etc. Bring in your device and learn! We are wireless at the Senior so please feel free to come take advantage of this service. ♦

**DR. MICHAEL BIANCAMANO** – The foot doctor, will be at the Senior Center Monday morning, **February 1**. Appointments are set up on a first come, first served basis and run rather quickly. Please call 508-278-8622 to schedule an appointment. Please let us know if you require transportation to the podiatry clinic. ♦



### **ARE YOU AWARE OF THE NUMBER OF PEOPLE HELPED AT THE UXBRIDGE SENIOR CENTER ?**

Numbers below represent people served in

**DECEMBER 2015**



<b>Telephone Calls</b>	<b>1,281</b>
<b>Meals Served</b>	<b>544</b>
<b>Daily Visitors</b>	<b>727</b>
<b>Medical Runs (Round Trips)</b>	<b>139</b>
<b>Computer Classes</b>	<b>3</b>
<b>Hannaford Shopping (Round Trips)</b>	<b>35</b>
<b>Director Outreach</b>	<b>445</b>
<b>SMOC Fuel Assistance</b>	<b>2</b>
<b>Walmart Shopping (Round Trips)</b>	<b>20</b>
<b>Lunch Pick Up</b>	<b>184</b>
<b>Other van runs for appointments</b>	<b>12</b>





## Traveling Again

THE UXBRIDGE SENIOR CENTER IN CONJUNCTION WITH THE SUNSHINE CLUB WILL BE OFFERING THE FOLLOWING TRIPS FOR 2016:

- Sunday, March 6, 2016 - To Kill a Mockingbird, Davenport's w/lunch, Providence, RI. - \$85
- Tuesday, March 15, 2016 - Spring Bulb Show at Smith College, Northampton w/lunch - \$59
- Sunday, April 10, 2016 - The Sound of Music/Opera House in Boston w/lunch - \$106
- Monday, April 18 - Thursday, April 22, 2016 - 5 DAYS. Lancaster Sampson Show - \$519
- Sunday, May 1 - Friday, May 6, 2016 - 6 DAYS, Outer Banks, NC - \$645
- Friday, May 13, 2016 - Loretta Laroche at Stoneham Theatre - \$95
- Monday, June 6, 2016 - Gloucester Lobster Bake Cruise - \$76
- Thursday, July 14, 2016 - My Fair Lady at Interlakes Theatre/Meredith, NH - \$79
- Monday, August 15, 2016 - Casco Bay Cruise, Portland, ME - Bailey's Island - \$92
- Tuesday, September 13, 2016 - Lake Winnepesaukee Cruise w/Buffer on boat - \$72
- Monday, October 3 - October 12, 2016 - 10 Days - Scotland - Please Call Pam at 508-476-4474 for information.
- Monday, October 10 - Friday, October 14, 2016 - Niagara Falls 5 days/8 meals - \$489
- Sunday, November 6 - Tuesday, November 8, 2016 - Villa Roma, all-inclusive - Price TBA/contact Sue for more information on this trip.
- Monday - Wednesday November 28 - 30, 2016 - White Mountain Hotel, North Conway - \$439
- Wednesday, December 7, 2016 - Newport Playhouse "Nana's Naughty Knickers" - \$75
- Saturday - Monday December 10, 11, & 12, 2016 - NYC at Christmas with 9/11 Museum - \$339

*Make plans to start traveling again! Don't miss out on the 2 March trips! They will be here before you know it! Call Sue at 508-476-5820 for more information on any of these trips. Remember the new parking spot is the Whitinsville Walmart. ♦*

**SHINE** (Continued from [page 2](#)) able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time. This could be an opportunity to continue coverage with your current provider if you failed to make a change during the Open Enrollment Period.

For those with **Prescription Advantage** or getting "**Extra Help**" paying for prescription drugs:

You can change your plan during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month.

If you want to take advantage of either of these opportunities call the SHINE Regional Office and a volunteer can talk you through the process. ♦

## SHINE'S "Medicare and More" Program

The Central MASS SHINE Program is now sponsoring a monthly cable tv program called SHINE's MEDICARE AND MORE", we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel give them call and ask about it. ♦


UXBRIDGE SENIOR CENTER  
Lunch Menu  
36 South Main Street, Uxbridge, MA 01569  
(508) 278-8622

Call 48 hours in advance to order your meal

FEBRUARY 2016 

Marsha Petrillo - Director  
Lynne McPherson - Chef  
Pete Waeger - Van Driver  
Donna Oncay - Administrative Assistant  
Gail Boutiette - Outreach Coordinator



Monday	Tuesday	Wednesday	Thursday	Friday
1. THREE CHEESE VEGETABLE PASTA TOSS GARDEN SALAD ITALIAN BREAD SUGAR FREE PUDDING	2. SHEPHERDS PIE MIXED VEGETABLE ANGEL FOOD CAKE W/STRAWBERRIES	3. CHICKEN POMODORO PENNE PASTA GARDEN SALAD SUGAR FREE JELLO	4. POT ROAST MASHED POTATOES CARROTS APPLE CAKE	5. BAKED FISH BAKED SWEET POTATO GREEN BEANS SUGAR FREE ICE CREAM
8. VEGETABLE SOUP GRILLED CHEESE SANDWICHES GARDEN SALAD FRESH FRUIT	9. MEATLOAF W/GRAVY MASHED POTATOES GREEN BEANS SUGAR FREE JELLO	10. CHICKEN POT PIE MIXED VEGETABLES PEACHES AND CREAM	11. HOT DOGS W/ROLL BAKED BEANS COLESLAW SUGAR FREE PUDDING	12. VALENTINE'S DAY CELEBRATION 
15. CLOSED PRESIDENT'S DAY NO LUNCH SERVED	16. LASAGNA GARDEN SALAD ITALIAN BREAD SUGAR FREE ICE CREAM	17. SKILLET CHICKEN CORDON BLEU MASHED POTATOES SUGAR FREE PUDDING	18. SALISBURY STEAK EGG NOODLES GREEN BEANS SUGAR FREE JELLO	19. BAKED FISH BASMATI RICE BROCCOLI MIX SUGAR FREE PIE
22. VEGETABLE QUICHE GARDEN SALAD FRESH FRUIT	23. BEEF AND CORNBREAD PIE GARDEN SALAD SUGAR FREE JELLO	24. ROASTED CHICKEN MASHED POTATOES STEAMED CARROTS SUGAR FREE PUDDING	25. BEEF STEW W/BISCUITS GARDEN SALAD PEACH CAKE	26. BAKED FISH ROASTED POTATOES ITALIAN MIXED VEGETABLES BIRTHDAY CAKE
28. BROCCOLI-CHEESE SOUP GRILLED CHEESE GARDEN SALAD SUGAR FREE PUDDING	29. BEEF AND MUSHROOM LASAGNA GARDEN SALAD ITALIAN BREAD APPLE CRISP			ALL MEALS ARE SERVED WITH MILK OR WATER MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

Lunch is served at 12 noon each day. Please call 48 hours in advance to order your meal. If you need transportation to the meal program please let us know. A suggested voluntary donation of \$3 - \$5 per meal. Our program is open to all ages and geared towards the nutritional needs of senior citizens ages 55+. Our meals are heart healthy with reduced sodium.